

Herpesyl Reviews

Stress is something you should avoid if you can to avoid getting a yeast infection. Stress can limit the effectiveness of your immune system, which plays a very large part in keeping you healthy and preventing infections during the course of the day.

If a routine course of antibiotics almost always leads to a yeast infection for you, ask for a prescription for Diflucan at the same time. [Herpesyl Reviews](#) This prescription anti-fungal medication can prevent the overgrowth of yeast that often occurs when the bacteria in your system are wiped out. You can also eat extra yogurt while taking antibiotics.

One of the things that you should never do is to wear scented tampon or use scented sprays. These contain a lot of unnecessary chemicals, which can yield an infection and yield more bacteria in and on your skin. Stick with products that have natural ingredients if you want to prevent infections.

If you try to treat your yeast infection at home, see a doctor after a week if it has not cleared up. There are many over-the-counter treatments for yeast infections these days, as well as many home remedies you can try. However, after a week you must realize that you need medical attention so that the infection does not worsen.

Most people can't afford to take three or more days off from life to wait out a yeast infection--they've got to get fast relief! Hopefully this article has given you a few ways you can treat a yeast infection, and new ways to prevent them. Keep this info in mind to stay free from yeast infection problems.